



Value Life

www.valued-life.co.za

With Yolinda Dippenaar

(Registered dietician)

Our healthy meals are just for you! We have two portions sizes, a small portion for **R60**, and a medium portion for **R70**.

The **small** portion consists of:

- 125g starch, 90g protein, 250g vegetables

Our **medium** portion consists of:

- 250g starch, 120g protein, 250g vegetables

Orders to be placed, and payments to be made, 48 hours in advance.

Banking details:

FNB Three Rivers

Acc No: 62473901629

Branch: 251337

(Please use VLM and surname as payment reference)

Food can be collected between 17:00 and 18:00 at 317 Henriette Street Wierda Park, or as per arrangement.

Contact **Andre (082 673 9136)** OR

Yolinda (082 561 2838) for orders and any inquiries.